

Chief John M. McGovern III, Lieutenant Steve Godin, Captain John Roberts, Technician Jason Lowery, and Technician Michael Skeele.

Madam Speaker, in closing, I would like to take this opportunity to thank all of the men and women who serve in the Occoquan-Woodbridge-Lorton Volunteer Fire Department. Their efforts, made on behalf of the citizens of Prince William County, are selfless acts of heroism and truly merit our highest praise. I ask my colleagues to join me in applauding this group of remarkable citizens.

**HONORING SISTERS OF CHARITY  
OF SAINT ELIZABETH IN CON-  
VENT STATION, MORRIS TOWN-  
SHIP, NEW JERSEY**

**HON. RODNEY P. FRELINGHUYSEN**

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 13, 2010*

Mr. FRELINGHUYSEN. Madam Speaker, I rise today to honor the Sisters of Charity of Saint Elizabeth in Convent Station, Morris Township, New Jersey, which is celebrating its 150th Anniversary this year.

The Sisters of Charity were founded under the authority of the first American, Catholic bishop, John Carroll, Bishop of Baltimore by Saint Elizabeth Ann Seton, in the spirit of Saint Vincent de Paul and Saint Louise de Marillac, in Emmitsburg, Maryland, in 1809. In 1859, Mother Mary Xavier Mehegan founded the New Jersey community known as the Sisters of Charity of Saint Elizabeth.

For fifty-six years, from 1859 until her death June 24, 1915, Mother Xavier headed the Sisters of Charity. Parish schools, academies, hospitals, a day nursery, orphanages, a home for the incurably ill, and a residence for working women were established. In 1899, a time when New Jersey had no baccalaureate-degree-granting college for women, Mother Xavier founded the College of Saint Elizabeth, New Jersey's oldest four-year college for women and one of the first colleges for women in the United States.

Since 1859, the Morristown location, now known as Convent Station, has become a center of learning, of spirituality, and of service to others and to the community as a whole. Convent Station is home to the Academy of St. Elizabeth, the Convent of St. Elizabeth, the College of Saint Elizabeth, Saint Anne Villa, and the Xavier Center.

Today the Sisters of Charity of Saint Elizabeth are engaged in over 100 education, health care, pastoral and social service ministries in 15 states, and in the U.S. Virgin Islands, El Salvador, Central America, Juarez, Mexico and Haiti. These ministries include: Education, Diocesan and Parish Ministry, Hospitals, Homes for the Aged, Health Care, Community Centers and Social Services.

Madam Speaker, I ask you and my colleagues to join me in congratulating the Sisters of Charity of Saint Elizabeth as they celebrate 150 dedicated years of service.

**INTRODUCTION OF THE END THE  
MANDATE ACT**

**HON. RON PAUL**

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 13, 2010*

Mr. PAUL. Madam Speaker, today I am introducing the End the Mandate Act. This legislation repeals the sections of the recently-passed health reform bill that force all Americans to purchase federally-approved health insurance plans.

Forcing every American to obtain health insurance is a blatant violation of the Constitution. Defenders of this provision claim the Congress's constitutional authority to regulate "interstate commerce" gives Congress the power to mandate every American obtain a federally-approved health insurance plan. However, as Judge Andrew Napolitano and other distinguished legal scholars and commentators have pointed out, even the broadest definition of "regulating interstate commerce" cannot reasonably encompass forcing Americans to engage in commerce by purchasing health insurance.

Forcing every American to obtain a congressionally-approved health insurance plan is not just unconstitutional; it is a violation of the basic freedom to make our own decisions regarding how best to meet the health care needs of ourselves and our families.

Madam Speaker, the new law requires Americans to have what is defined as "minimum essential coverage." Some people may claim that the requirement to have "minimal essential coverage" does not impose an unreasonable burden on Americans. There are two problems with this claim.

First, the very imposition of a health insurance mandate, no matter how "minimal" violates the principles of individual liberty upon which this country was founded.

Second, the mandate is unlikely to remain "minimal" for long. The experience of states that allow their legislatures to mandate what benefits health insurance plans must cover has shown that politicizing health insurance inevitably makes health insurance more expensive. As the cost of government-mandated health insurance rises, Congress will likely respond by increasingly subsidizing health insurance for an ever increasing number of Americans.

When the cost of government-mandated insurance proves to be an unsustainable burden on individuals, small employers, and the government, Congress will likely impose price controls on medical treatments, and even go so far as to limit what procedures and treatments mandatory insurance will reimburse.

Madam Speaker, Congress made a grave error by forcing all Americans to purchase health insurance. The mandate violates fundamental principles of individual liberty, and will lead to further government involvement in health care. I therefore ask all of my colleagues to join me in correcting this mistake by cosponsoring the End the Mandate Act.

**HONORING AWREY BAKERIES**

**HON. THADDEUS G. MCCOTTER**

OF MICHIGAN

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 13, 2010*

Mr. MCCOTTER. Madam Speaker, today I rise to honor and acknowledge Awrey Bakeries, upon its 100th anniversary. Awrey Bakeries stands in my hometown of Livonia, Michigan, as a true model of the American Dream and the persevering spirit of those bent on attaining that dream. From its humble beginnings as a one woman shop Awrey's has grown to a more than 200,000 square foot facility employing 400 people, grossing \$90 million in sales.

As Canadian farming foundered in the early 1900s, Fletcher Awrey chose to immigrate to Detroit, Michigan, in hopes of finding work in the burgeoning auto industry. To supplement the family income Fletcher's wife, Elizabeth, baked breads and pastries in her wood-fired stove and sold them to her neighbors. As demand for the baked goods grew, her sons sold them door to door.

The Awrey family opened a retail outlet in 1914 and installed mechanized baking equipment in 1929. In 1930 the company operated 32 stores. Expansion was not slowed by the Great Depression but the sugar shortage due to rationing during World War II put growth on hold. However, by 1950 Awrey's expanded to 120 locations and operated a home delivery service. The company introduced a line of frozen baked goods aimed at the food service market in 1968 and continued to experience growth for several decades after moving its present location in Livonia in the 1970s. In 2002, Awrey's was one of the first companies in the United States to receive the prestigious Bakers Seal Award from the American Institute of Baking.

After 95 years of family ownership, Awrey's Bakeries was purchased by Hilco Equity and Monomoy Capital Partners who have taken great pride in continuing the tradition of high quality baked goods that have placed the Awrey's name among Detroit's homegrown favorites.

Madam Speaker, for 100 years Awrey Bakeries has stood as a tribute to the hard work of Fletcher and Elizabeth Awrey and their family. As the company celebrates this enormous milestone, it personifies a legacy of excellence, ingenuity, and the irrepressible spirit of the American entrepreneur. Today, I ask my colleagues to join me in congratulating Awrey Bakeries and recognizing their years of loyal service to our community and country.

**IN RECOGNITION OF THE 2010  
VALOR AWARD RECIPIENTS IN  
THE FAIRFAX COUNTY POLICE  
DEPARTMENT**

**HON. GERALD E. CONNOLLY**

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 13, 2010*

Mr. CONNOLLY of Virginia. Madam Speaker, I rise today to recognize outstanding members of the Fairfax County Police Department. These individuals have demonstrated superior dedication to public safety and have been